Nutrition Review Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_Block\_\_\_

Nutrition Lecture #1

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the study of how your body uses the food you eat.

2.Nutrition is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_in food that helps maintain the body.

3.Some of the chemicals in foods help with:

1.

2.

3.

4.

4. There are six classifications for nutrients, in other words they are broken down into six categories. One category (nutrient) is split into 3 while another into 2.

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

.

5.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. What is a calorie?

6. Explain why calories do not necessarily equal nutrition. For example a bag of potato chips could have a lot of calories but may not provide you with a lot of energy or nutrition. Why?

7. Not everyone needs or requires the same nutrients therefore there are variables that affect nutrition. Those are the following:

1.\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_

4.\_\_\_\_\_\_\_\_\_\_\_\_\_

5.\_\_\_\_\_\_\_\_\_\_\_\_\_

6.\_\_\_\_\_\_\_\_\_\_\_\_\_